Tea-time favourites

— COOKED THE NEW WORLD WAY!

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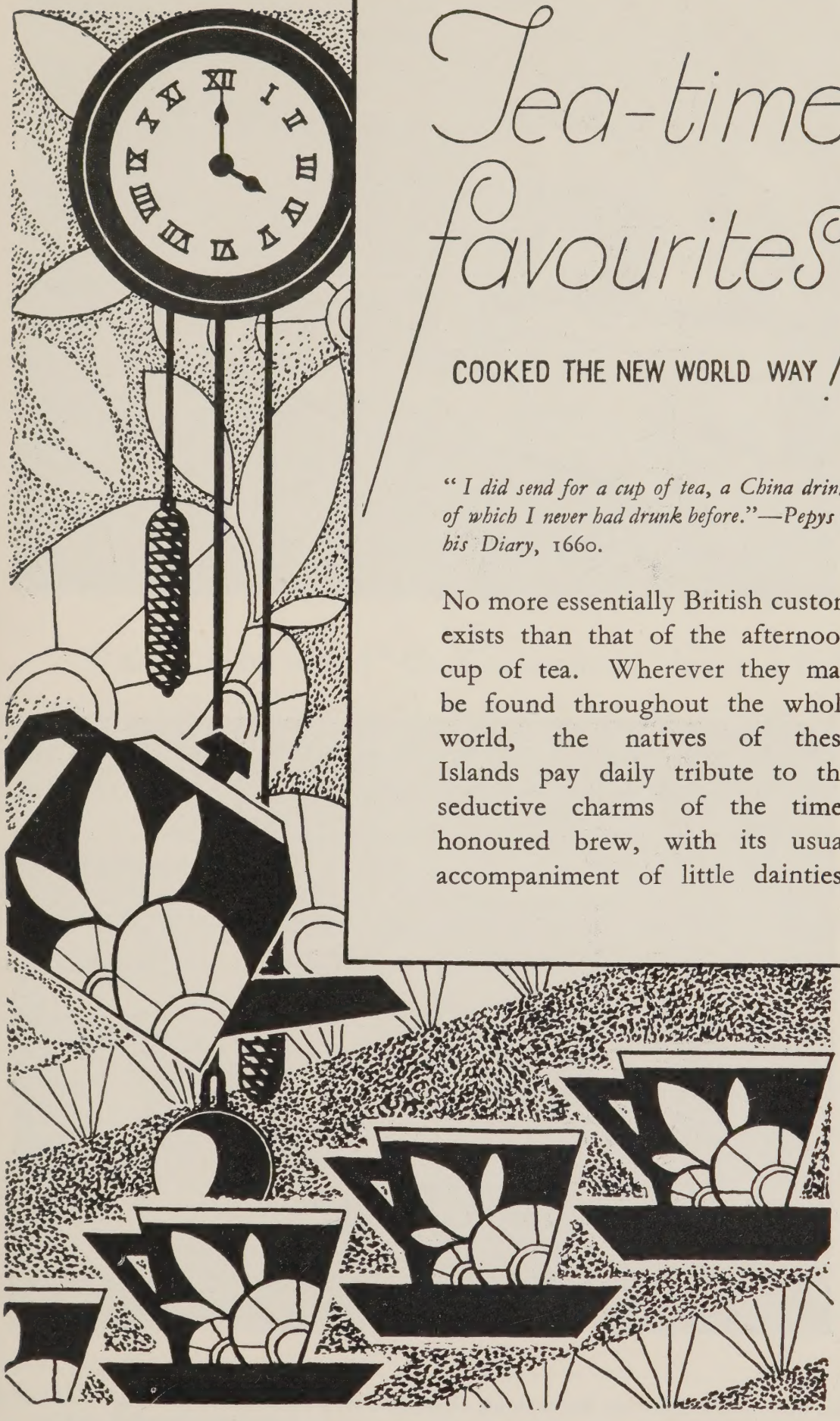
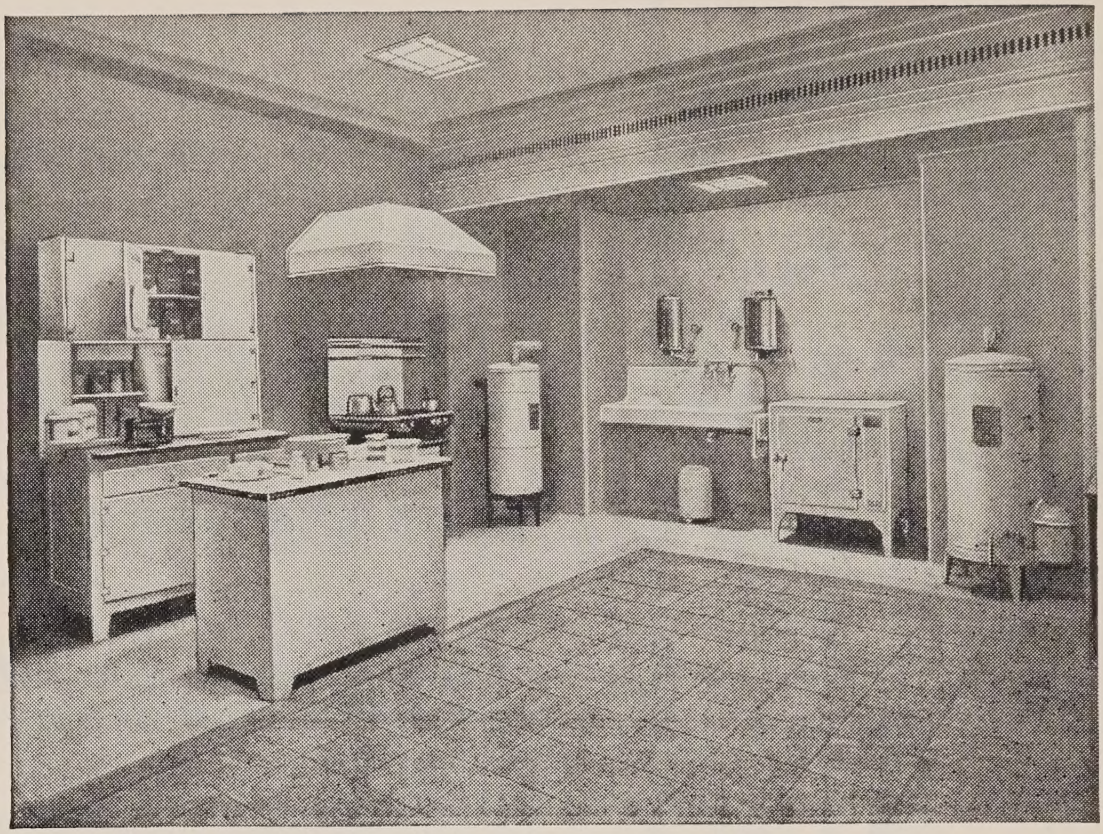


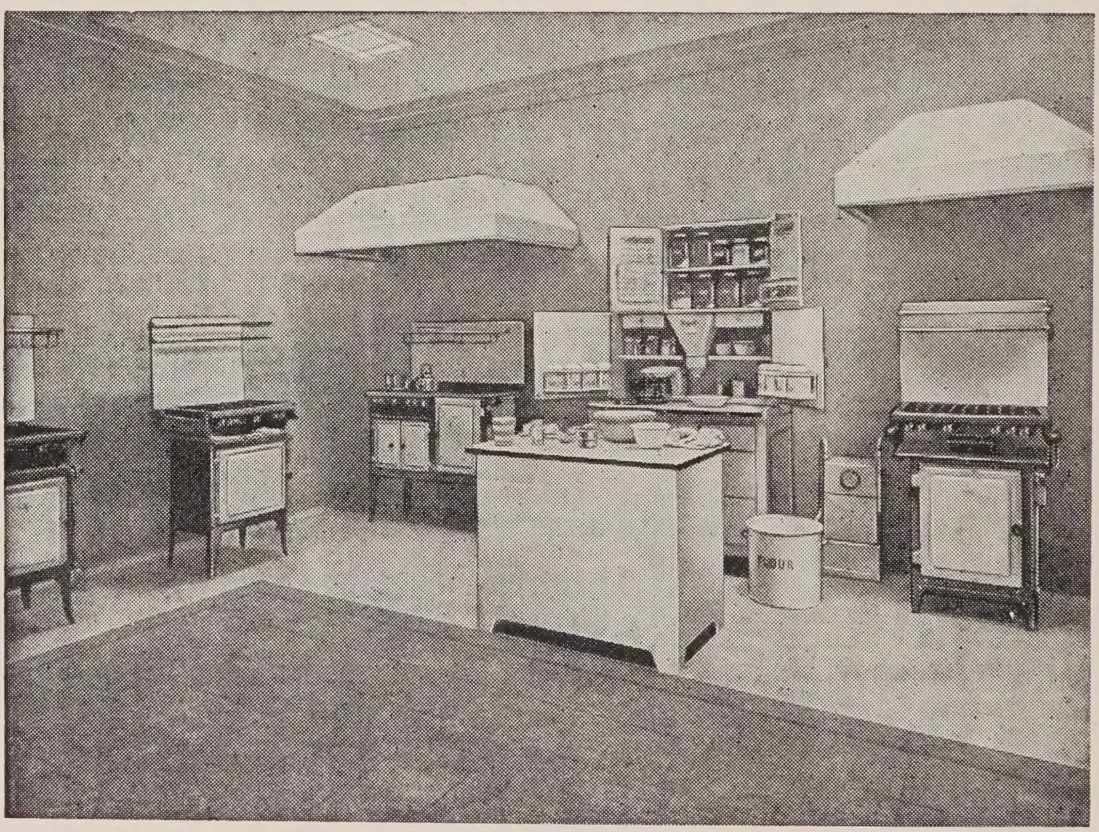
Tea-time favourites

COOKED THE NEW WORLD WAY!

"I did send for a cup of tea, a China drink, of which I never had drunk before."—Pepys in his Diary, 1660.

No more essentially British custom exists than that of the afternoon cup of tea. Wherever they may be found throughout the whole world, the natives of these Islands pay daily tribute to the seductive charms of the time-honoured brew, with its usual accompaniment of little dainties.





Two views of the Radiation Research and Demonstration Kitchen, which is completely fitted with the most modern equipment for extensive research and experimental work in cooking.

AFTERNOON TEAS.

WHETHER on the lawn in summer, or in the drawing room in winter, afternoon tea is always a pleasant social event.

Without the elaboration of a dinner party, an attractive tea table set with a good selection of cakes and pretty china encourages an easy flow of cheerful conversation, and all pay tribute to the hostess who provides new and surprising dainties with an attractive and professional finish.

With a "New World" Gas Cooker in the kitchen, a little practice and reliable recipes, it is easy for the present-day hostess to achieve the desired results. When baked in the "New World" Oven, with the automatic "Regulo" heat control, the cakes are sure to be " done to a turn," and of the correct shape for filling and icing. Biscuits will be uniform and crisp, and scones digestible and light. Consistent results are assured and so all the usual worry and anxiety are eliminated.

In this booklet are given four menus each arranged with a view to variety in flavour and appearance, and giving a pleasing selection of simple and rich cakes. The " Regulo " settings and time for baking are given with each recipe.

MENU I.

White and Brown Bread and Butter.
Celery Rolls. Oat Cakes.
Coffee Nut Cakes.
Plum Cake.
Orange Cake.
Linze Torte.
Viennese Biscuits.

CELERY ROLLS.

Ingredients—

Celery.
Salt.
Thin slices of brown bread and butter.

Method.—Wash and dry the celery. Choose the best pieces and cut into 2½ in. lengths. Sprinkle with a little salt and roll in thin slices of brown bread and butter.

OAT CAKES.

Regulo Setting Mark 4
Time 30 Minutes

Ingredients—

6 ozs. fine oatmeal.
2 ozs. flour.
½ teaspoonful salt.
1 oz. melted lard or dripping.
Boiling water.

Method.—Mix together the oatmeal, flour and salt. Add the melted fat and enough boiling water to make a firm paste. Roll out very thinly, cut into triangles and bake for 30 minutes with the " Regulo " at Mark 4.

Spread with butter before serving.

COFFEE NUT CAKES.

Regulo Setting Mark 5
Time 15 Minutes

Ingredients—

2 ozs. butter or margarine.
2 ozs. castor sugar.
1 egg.
2 tablespoonfuls milk.
3 ozs. flour.
½ teaspoonful baking powder.
2 teaspoonfuls coffee essence.
1 oz. chopped nuts.

To make—1 dozen in bun-tins or paper cases.

Coffee Icing—

6 ozs. icing sugar.
Boiling water.
Coffee Essence.

Method.—Cream the butter and sugar. Beat up the egg in the milk, and add to the butter and sugar with some of the flour. Beat well. Add the rest of the flour previously mixed with the baking

powder. Then add the coffee essence, chopped nuts and a pinch of salt. Divide the mixture into the small greased bun-tins or paper cases. Bake for 15 minutes with the "Regulo" at Mark 5. When cold, cover with the coffee icing and place half a walnut on top of each cake.

To make the Icing—

Put the sieved icing sugar into a basin and pour in a little boiling water. Mix smoothly, adding sufficient boiling water until of a smooth coating consistency. Add the coffee essence to taste.

PLUM CAKE.

Regulo Setting Mark 2
Time 3 Hours 30 Minutes

Ingredients—

¾ lb. butter or margarine.
½ lb. sugar.
4 eggs.
¾ lb. flour.
¼ lb. glacé cherries.
¼ lb. raisins.
¼ lb. sultanas.
¼ lb. chopped almonds.
¼ lb. mixed peel.
Grated rind of 1 lemon and 1 orange.
½ teaspoonful mixed spice.
Pinch of salt.
Glass of brandy (optional).

Size of tin, 8 inches by 3 inches.

Method.—Beat the butter and sugar to a cream; add each egg separately and beat until the mixture is stiff and uniform. Sift the flour with the mixed spice and a pinch of salt, stir well into the creamed mixture, add the stoned raisins, the cherries cut in halves, the sultanas, the chopped almonds and the peel cut into small pieces, also the grated lemon and orange rind, and the brandy, if used. Mix the ingredients thoroughly and bake in a tin well lined with greased paper for 3½ hours with the "Regulo" at Mark 2.

ORANGE CAKE.

Regulo Setting Mark 5
Time 15 Minutes

Ingredients—

4 ozs. butter or margarine.
4 ozs. sugar.
2 eggs.
4 ozs. flour.
1 teaspoonful baking powder.
1 tablespoonful orange juice.
Grated rind of orange.

Size of tins, 8 inches diameter.

Orange Filling—

Rind and juice of 2 oranges.
Lemon juice.
2 yolks of eggs.
Sugar to taste.
Butter or margarine.

Orange Icing—

See coffee icing, p. 4. Use orange juice in place of the coffee essence and colour with a few drops of saffron.

Decorations.—Slices of crystallized oranges.

Method.—Beat the butter and sugar to a cream. Add the eggs one at a time, beating well. Then add the orange juice, sifted flour and baking powder, grated orange rind and stir in lightly. Turn the mixture into two well-greased and floured sandwich tins, spread evenly, and bake in the oven for 15 minutes with the "Regulo" at Mark 5.

To Make the Filling—

Method.—Place the rind and juice of two oranges into a saucepan together with some lemon juice and sugar. Beat the yolks of the eggs and add to the liquid. Stir well over a low flame until the mixture thickens, but on no account must it be allowed to boil. Leave until quite cold. Spread the filling between the two sandwich cakes.

Orange Icing—

Method.—The icing should be of a coating consistency. Pour the icing over the cake and decorate with the crystallized orange slices. Leave to set for a few hours before cutting the cake.

LINZE TORTE.

Regulo Setting Mark 3
Time 50 Minutes

Ingredients—

4 ozs. butter or margarine.
4 ozs. sugar.
8 ozs. flour.
Pinch of baking powder.
1 raw yolk.
Black-currant jelly or jam.
Clove and cinnamon to taste.
4 ozs. finely chopped or milled almonds (not skinned).
Yolks of 2 hard-boiled eggs.

Size of sandwich tin, 8 inches diameter.

Method.—Beat the butter and sugar to a cream, and then beat in the raw yolk. Add the flour, baking powder, clove, cinnamon, almonds and the sieved hard-boiled yolks of egg. Knead well and press the mixture into a greased sandwich tin, raising the edge about half-inch and decorate. Bake in the oven for 50 minutes with the "Regulo" at Mark 3. When cool, fill the centre with the melted black-currant jelly. Leave to set.

VIENNESE BISCUITS.

Regulo Setting Mark 3
Time 15 Minutes

Ingredients—

4 ozs. butter or margarine.
1 oz. icing sugar.
4 ozs. flour.
½ egg.
Few drops of vanilla essence.

Chocolate Filling—

2 ozs. chocolate.
4 ozs. butter or margarine.
8 ozs. icing sugar.

Method.—Beat the butter, add the sugar and beat together to a cream. Mix in the flour and lastly the egg and vanilla essence. Pipe the mixture in 3-inch lengths on to greased baking trays and bake for 15 minutes with the " Regulo " at Mark 3. Leave until cold. Put 2 biscuits together with chocolate filling between. Dredge the biscuits with icing sugar.

For the Filling.—Break up the chocolate and leave in a warm place to soften. Cream the butter and the sugar and gradually work in the softened chocolate.

N.B.—Chocolate powder can be used instead of block chocolate, if desired.

MENU II.

WHITE AND BROWN BREAD AND BUTTER.
TEA RUSKS. GIRDLE SCONES.
STUFFED MONKEYS.
GINGERBREAD (RICH).
CHOCOLATE CAKE.
STRAWBERRY AND CREAM SANDWICH.
COCONUT PYRAMIDS.

TEA RUSKS.

Regulo Setting Mark 7
Time 30 Minutes

Ingredients—

8 ozs. flour.
1½ teaspoonfuls baking powder.
Pinch of salt.
3 ozs. butter or margarine.
Milk.

No. of Rusks : 18.

Method.—Sift the flour, baking powder and the salt together. Rub in the butter and make into a fairly soft dough with the milk. Knead very lightly and roll out to not less than ¾-inch in thickness. Cut into rounds of 2¼ inches diameter. Place on a baking tray and cook for 15 minutes with the " Regulo " at Mark 7. Split each rusk open without using a knife and then continue baking for a further 15 minutes to dry them through, with the " Regulo " still at Mark 7. Serve the rusks cold spread with butter.

GIRDLE SCONES.

Any standard recipe may be used.

STUFFED MONKEYS.

Regulo Setting Mark 4
Time 30 Minutes

Ingredients—

6 ozs. butter or margarine.
8 ozs. flour.
6 ozs. Demerara sugar.
½ teaspoonful cinnamon.
Salt.
½ egg.

For Filling—

3 ozs. butter or margarine.
8 ozs. ground almonds.
2 yolks of eggs.
8 ozs. peel.
Vanilla essence.
Salt.

Method.—Rub the butter into the flour. Add the sugar, cinnamon and the salt. Mix into a paste with the beaten egg. Turn the paste on to a board, divide into two equal pieces and roll each piece into an oblong shape. Place one piece on a baking tray.

To Make the Filling.—Beat the butter, almonds and yolks together, mix in the chopped peel and the vanilla essence.

Spread this mixture on the piece of paste on the baking tray. Cover with the other half of the paste and brush over with yolk of egg. Bake in the oven with the " Regulo " at Mark 4 for 30 minutes. Leave to cool and cut into neat slices.

GINGERBREAD (Rich).

Regulo Setting Mark 4
Time 50 Minutes

Ingredients—

4 ozs. lard.
4 ozs. brown moist sugar.
2 eggs.
8 ozs. treacle.
½ teaspoonful bicarbonate of soda.
1 or 2 tablespoonfuls of milk.
8 ozs. flour.
6 ozs. raisins.
1 tablespoonful ground ginger.
½ teaspoonful spice.

Size of meat tin, 8½ inches by 11½ inches.

Method.—Cream the lard and the sugar. Add the yolks of eggs treacle, the bicarbonate of soda dissolved in the milk, the flour, raisins, ginger and the spice. Lastly fold in the stiffly beaten whites of egg. Transfer the mixture to a greased meat tin and bake in the oven for 50 minutes with the " Regulo " at Mark 4. When cold, cut into squares.

CHOCOLATE CAKE.

Regulo Setting Mark 4
Time 1 Hour

Ingredients—

2½ ozs. chocolate.
3 ozs. butter or margarine.
3 ozs. sugar.
3 eggs.
5 ozs. flour.
1 level teaspoonful baking powder.
Salt.

Size of tin, 6 inches diameter.

Chocolate Icing—

2 ozs. chocolate.
½ lb. icing sugar.
Boiling water.
Vanilla essence.
Small piece of butter.
Walnuts or pistachio nuts, for decoration.

To Make the Cake—

Method.—Cut the chocolate into small pieces and leave in a warm place to soften. Beat the butter and the sugar to a cream, adding the softened chocolate. Add the eggs one at a time and beat thoroughly. Stir in lightly the sifted flour, baking powder and the salt. Put the mixture into the greased and lined tin and bake in the oven for 1 hour with the "Regulo" at Mark 4. When cold, coat with chocolate icing and decorate with walnuts or chopped pistachio nuts.

To Make the Icing—

Cut the chocolate into small pieces and leave in a warm place to soften. Put the sieved icing sugar into a basin and pour in a little boiling water. Add the softened chocolate and vanilla essence and mix until smooth, adding boiling water until a smooth coating consistency is attained. Lastly beat in a small piece of butter.

N.B.—If preferred the cake may be cut across and filled with chocolate filling, before being iced. See p. 6.

STRAWBERRY & CREAM SANDWICH.

Regulo Setting Mark 5
Time 10 Minutes

Ingredients—

3 eggs.
3 ozs. castor sugar.
3 ozs. flour.
1½ ozs. butter.

Size of tins, 8½ inches diameter.

For Filling—

Strawberries or any firm fruit.
¼ pint cream.
Sugar.

Method.—Break the eggs into a bowl and whisk for 5 minutes, add the sugar and whisk for a further 5 minutes. Stand the bowl over a pan of hot water and whisk the mixture again for 10 minutes. Pass the flour through a fine sieve and add it to the mixture alternately with the melted butter, stirring very gently but on no account beating the mixture. Pour into two shallow sandwich tins, previously brushed over with a little butter and dusted with castor sugar mixed with an equal quantity of flour. Bake for ten minutes with the "Regulo" at Mark 5. Leave to cool.

To Make the Filling.—Remove the stalks from the strawberries and dredge them with castor sugar. If tinned large fruit is used, strain the fruit from the juice, partially dry it and cut up into neat pieces.

Whisk the cream until stiff and fold in a little castor sugar.

Spread one sandwich with the whipped cream and then with the fruit. Cut into 8 or 10 pieces. Cut the other sandwich into similar size pieces and place them over those spread with fruit and cream. Lift each slice carefully on to an attractive dish and arrange as a whole cake. Dredge the top with castor sugar.

COCONUT PYRAMIDS.

Regulo Setting Mark 3
Time 20 Minutes

Ingredients—

2 whites of eggs.
4 ozs. coconut.
4 ozs. castor sugar.
1 oz. rice flour or ground rice.
Rice paper.

Method.—Half whisk the whites of eggs. Add the coconut, castor sugar and the rice flour. Mix altogether. Form into pyramid shapes and place on rice paper on baking trays. Bake in the oven for 20 minutes with the " Regulo " at Mark 3.

N.B.—If desired half of the mixture may be coloured a pale pink by the addition of a few drops of carmine or cochineal.

MENU III.

White and Brown Bread and Butter.
Bridge Rolls. Wholemeal Scones.
Little Sponge Rolls.
Parisian Cake.
American Layer Cake.
Dundee Cake.
Chocolate Biscuits.

WHOLEMEAL SCONES.

Regulo Setting Mark 7
Time 15 Minutes

Any standard recipe may be used.

LITTLE SPONGE ROLLS.

Regulo Setting Mark 7
Time 7 Minutes

Ingredients—

2 eggs.
3 ozs. sugar.
3 ozs. flour.
¼ teaspoonful baking powder.
2 tablespoonfuls warm water.

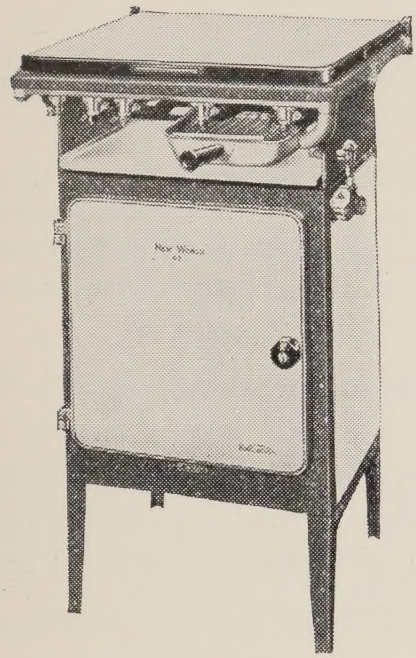
Number of Rolls : 16 to 18.

For Filling—

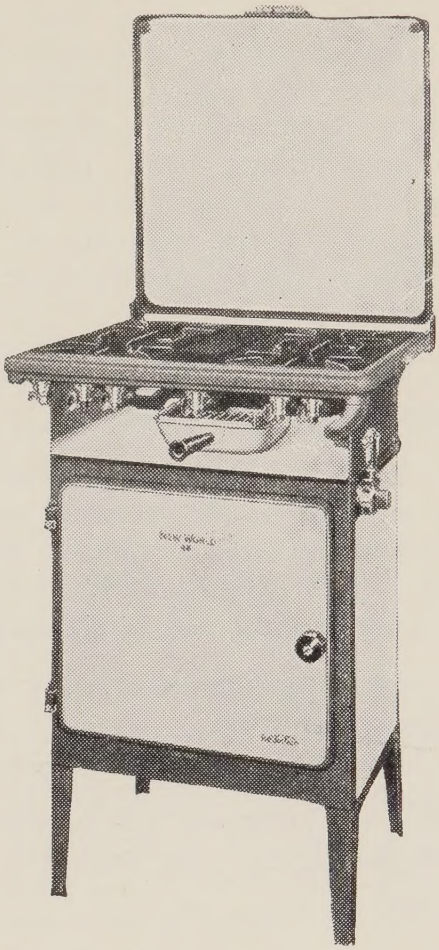
1.—Blackcurrant jelly or jam.
Whipped cream.

2.—Fresh Fruit.
Whipped cream.

NEW WORLD
GAS COOKERS
Nos. 45 and 48



NEW WORLD No. 45
with cover plate closed



NEW WORLD No. 48
with cover plate raised

These all-enamelled gas cookers are the latest in cooker construction. Note the hinged cover-plate which can be lowered to cover the hotplate when the hotplate is not in use.
All hotplate burners are self-lighting, fitted with the Radiation patent non-lighting-back device. The high speed grill reaches toasting heat 60 secs. after lighting.
The beautiful " Radar " Mottled Enamel finish can be cleaned in a moment by simply rubbing over with a damp cloth.

The " Regulo " cooking numbers appear in the triangular opening as the knob is rotated.
The three sides of the triangle are a reminder of the features that have made the " New World " the most perfect cooking oven obtainable, i.e., single oven burner, direct bottom-flue-outlet, and the " Regulo " automatic heat control. These three features together are distinctive of the " New World " Cooker with which the highest standard of cooking is attainable.

- Super-speed boiling burners and grill.
- Self-lighting hotplate burners with patent non-lighting-back feature.
- Single oven burner at back, but lighted at front.
- " Regulo " oven-heat control.
- Bottom-flue-outlet.

The word " Regulo " is the registered trade mark of Radiation Ltd.

Method.—Break the eggs into a bowl and beat them for a few minutes. Add the sugar and place the bowl over a pan of hot water. Beat until the mixture thickens. Remove from over the pan and continue beating until quite thick. Sift in the flour and baking powder. Add the water and stir lightly together. Place dessert-spoonfuls of the mixture on to greased trays, leaving room for spreading. Bake two or three trayfuls together with the " Regulo " at Mark 7.

Wring out a cloth in hot water and spread over the pastry board. Cover with sugared paper.

Remove the top tray after 7 minutes. Lift the sponges off one at a time on to the prepared paper. Roll each up into a cone shape. This must be done as quickly as possible as the sponges soon become crisp. The second and third trayfuls only require one or two minutes extra for baking before removing from the oven.

The sponges must only be lightly coloured or the edges will become too crisp.

To Fill the Sponge Rolls.—Use firm dry fruit cut up into neat pieces, or fairly stiff blackcurrant jelly or jam. Place some inside the bottom of each cone and then pipe a rose of whipped cream on the filling.

PARISIAN CAKE.

Regulo Setting Mark 3
Time 45 Minutes

Ingredients—

3 eggs.	For cake.
3 ozs. castor sugar.	
3 ozs. flour.	
4 ozs. castor sugar.	For decorating the cake.
Whites of 3 eggs.	
Apricot and raspberry jam.	
½ a glass of sherry or apricot juice.	
Chopped pistachios or coconut.	

Size of tin, 6 inches by 3 inches.

Method.—Break the 3 eggs into a bowl and whip 5 minutes; add the sugar and whip a further 5 minutes, then stand the bowl over a pan of hot water and whip 10 minutes longer. Stir in very carefully the sifted flour; have ready a plain deep tin well buttered and dusted with a little flour and sugar mixed, pour in the cake mixture, pin a band of paper round the tin and bake 45 minutes with the " Regulo " at Mark 3. Allow the cake to remain in the tin for a few minutes before turning out. When the cake is quite cold, make a few holes in the top, pour in the sherry or apricot juice; whip up the whites of eggs to a stiff froth, lightly stir in the sugar, cover the cake as if with

ordinary icing and sprinkle the sides with coconut or pistachios. Put the remainder of white of egg in a forcing bag with a fancy tube, and decorate the top, forming four little wells. Place the cake on the bottom-plate of the oven for 20 minutes to set the meringue, then fill the wells with apricot and raspberry jam.

AMERICAN LAYER CAKE.

Regulo Setting Mark 5
Time 30 Minutes

Ingredients—

4 ozs. butter or margarine.
8 ozs. sugar.
¼ pint milk.
10 ozs. flour.
3 large eggs.
2 teaspoonfuls baking powder.

Size of tins, 7 inches diameter.

For Finishing—

Apricot jam.
Lemon juice.
Chopped dried almonds.
Chopped dried pistachio nuts.

Method.—Beat the butter, add the sugar and continue beating to a cream. Gradually add the milk and flour alternatively, using only two-thirds of the flour. Whisk the whites until quite stiff; add the yolks one at a time and whisk together. Add the butter and sugar mixture to the eggs and lastly add the remainder of the flour and the baking powder, whisking all the time. Pour into two greased sandwich tins and bake for 30 minutes with the " Regulo " at Mark 5.

Method of Finishing.—Put the two sandwich cakes together with a layer of apricot jam between. Warm some apricot jam in a saucepan with a little water and sugar, also a little lemon juice. Brush the glaze over the top and sides of the cake. Sprinkle on the chopped and dried nuts, making an attractive design.

DUNDEE CAKE.

Regulo Setting Mark 2
Time 3¼ Hours

Ingredients—

8 ozs. butter or margarine.
8 ozs. sugar.
10 ozs. flour.
5 eggs.
1 lb. mixed currants and sultanas.
4 ozs. candied peel.
2 ozs. cherries.
4 ozs. blanched almonds.
Pinch of salt.
Essence of almonds.
Grated orange rind.
⅛ teaspoonful bicarbonate of soda dissolved in 1 tablespoonful milk.

Size of tin, 8 inches by 3 inches.

Method.—Beat the butter and sugar to a cream. Beat the eggs. Add beaten eggs and some of the sifted flour alternatively to the creamed butter and sugar, beating well until smooth and thick. Stir in the remainder of the flour with the fruit, the peel and half

the chopped almonds. Mix together, adding the soda dissolved in the milk. Turn into an 8-inch cake-tin greased and lined with greased paper. Sprinkle on top the remainder of the almonds and bake in the oven for 3¼ hours with the " Regulo " at Mark 2.

CHOCOLATE BISCUITS.

Regulo Setting Mark 5
Time 12 Minutes

Ingredients—

3 ozs. butter or margarine.
3 ozs. sugar.
1 small egg.
3 ozs. flour.
2 ozs. cornflour.
1½ ozs. chocolate powder or chocolate.
½ teaspoonful baking powder.
Pinch of salt.

Walnut Filling (see below).

Chocolate Icing (see below).

Method.—Beat the butter and the sugar to a cream. Add the egg and beat well. Sift the flour, cornflour, baking powder and the salt together and work them into the butter, etc., with the chocolate powder or melted chocolate. Roll out thinly and cut into round shapes. Place on floured cake trays and bake for 12 minutes with the " Regulo " at Mark 5. When cold, join two biscuits together with the walnut filling and decorate with chocolate icing and walnuts.

Walnut Filling—

Ingredients—

3 tablespoonfuls ground almonds.
1 teaspoonful vanilla essence or orange juice.
1 tablespoonful chopped walnuts.
3 tablespoonfuls apricot jam.

Method.—Mix all the ingredients together and use as a filling for biscuits, sandwich cakes or petits fours.

Chocolate Icing—

Ingredients—

1 oz. chocolate.
1 tablespoonful water.
4 ozs. icing sugar.
½ oz. butter.
Vanilla essence.

Method.—Dissolve the chocolate in the water. Do not allow to boil. Beat in the icing sugar gradually until of coating consistency. Finally add the butter and the vanilla essence.

MENU IV.

White and Brown Bread and Butter.

Sandwiches. Drop Scones.

Flap Jacks.

Genoa Cakes.

Walnut Cakes.

Sponge Cake.

Gateau St. Honoré.

DROP SCONES.

Ingredients—

½ lb. flour.
½ level teaspoonful bicarbonate of soda.
1 level teaspoonful cream of tartar.
¼ teaspoonful salt.
1 egg.
½ pint milk (about).
1 tablespoonful sugar.

Method.—Sift together the cream of tartar, bicarbonate of soda and the flour. Make a thick batter with the ingredients. Heat the girdle thoroughly and grease slightly with a little lard or piece of suet. Pour on spoonfuls of the batter at intervals round the girdle, and cook the scones for 6 minutes, turning them over after 3 minutes.

FLAP JACKS.

Regulo Setting Mark 2
Time 35 Minutes

Ingredients—

2 ozs. butter or margarine.
1 dessertspoonful treacle.
1 yolk of egg.
3 ozs. brown sugar.
4 ozs. Quaker oats.
Salt.

Size of tin, 10 inches by 6½ inches.

Method.—Melt the butter and add the treacle and the yolk of egg. Mix the sugar, oats and salt together and stir them into the butter, etc. Turn the mixture into a shallow Swiss roll tin and press well together. Smooth the surface with a palette knife. Bake for 35 minutes with the "Regulo" at Mark 2. When cooked, allow to cool for a few minutes. Cut across into squares or fingers and leave the biscuits in the tin until quite cold.

GENOA CAKES.

Regulo Setting Mark 4
Time 30 Minutes

Ingredients—

3 ozs. butter or margarine.
3 ozs. castor sugar.
2 eggs.
4 ozs. flour.
½ teaspoonful baking powder.
2 ozs. sultanas.
1½ ozs. glacé cherries.
2½ ozs. currants.
Grated rind of a quarter of a lemon.
2 ozs. chopped candied peel.
1½ ozs. blanched and sliced almonds.

No. of Cakes : 12.

Method.—Beat the butter and sugar to a cream. Add the eggs one at a time, and beat until the mixture is stiff and uniform. Stir in the flour sifted with the baking powder and add the sultanas, cherries cut in halves, currants, grated lemon rind and peel. Mix well, adding a very little water or milk if necessary. Put the mixture into greased Genoa cake tins, and smooth the surface with a spoon dipped in milk and sprinkle the almonds evenly on top. Bake in the oven for 30 minutes with the " Regulo " at Mark 4.

WALNUT CAKE.

Regulo Setting Mark 3
Time 2 Hours

Ingredients—

8 ozs. butter or margarine.
8 ozs. fine castor sugar.
3 eggs.
8 ozs. flour.
½ teaspoonful salt.
1 teaspoonful baking powder.
2 ozs. walnuts.
3 tablespoonfuls milk or water.

Size of cake tin, 7 inches diameter.

Coffee Icing.—See coffee nut cakes, p. 4.

Walnuts for decoration.

Method.—Beat the butter and sugar. Add each egg separately and beat well in. Sift the flour, salt and baking powder together and stir lightly into the creamed mixture. Add the broken walnuts and lastly fold in the milk. Transfer to a tin lined with greased paper and bake for 2 hours with the " Regulo " at Mark 3.

For the Icing—

Method.—See Coffee Nut Cakes, p. 4. Pour the icing over the cake, using a palette knife to cover the sides. Decorate with walnuts. Leave for a few hours before cutting.

N.B.—If preferred the cake may be cut across and filled with coffee filling before being iced.

Coffee Filling.—See chocolate filling, p. 6. Use coffee essence in place of the chocolate.

SPONGE CAKE.

Regulo Setting Mark 3
Time 1 Hour

Ingredients—

6 ozs. castor sugar.
1 tablespoonful boiling water.
3 eggs.
4 ozs. best white flour.
Size of tin, 6½ inches diameter.

Method.—Warm the sugar in a bowl and add 1 tablespoonful of boiling water. Mix well together. Add the eggs and whisk until very thick. Stir in the sifted flour and pour the mixture into the cake tin, which should have been greased and sprinkled with 1 teaspoonful of castor sugar sifted with 1 teaspoonful of flour. Bake for 1 hour with the " Regulo " at Mark 3. Cool slowly and allow the cake to become nearly cold before turning out of the tin.

N.B.—To produce a crisp top crust on the cake, sprinkle with a little sifted sugar and flour before baking.

GATEAU ST. HONORÉ.

Regulo Setting Mark 5
Time 30 Minutes

Ingredients—

Fleur Pastry—

6 ozs. flour.
½ teaspoonful salt.
3 ozs. butter or margarine.
1 yolk of egg.
Cold water.

Choux Pastry—

1 oz. butter or margarine.
¼ pint water.
2½ ozs. flour.
1 teaspoonful sugar.
Vanilla essence.
2 eggs.

For Filling—

3 bananas.
Castor sugar.
¼ pint cream.
Glacé cherries.

Method—

For Fleur Pastry.—Sift the flour and the salt together. Rub in the butter and mix altogether with the yolk of egg and sufficient cold water to form a stiff paste. Roll out into a round shape and place on a baking tray.

For Choux Pastry.—Bring the butter and water to boiling point. Add the sifted flour and beat well until smooth. Continue beating until the mixture forms into a ball and leaves the sides of the pan. Remove from the hotplate, allow to cool for a few minutes, add the sugar and the vanilla essence and beat the eggs in one at a time. Turn

the mixture into a forcing bag containing a rose pipe and pipe rosettes all round the edge of the fleur pastry. Grease the empty space on the baking tray and on to it pipe some more rosettes. Bake in the oven for 30 minutes with the "Regulo" at Mark 5. Leave to cool.

For Filling.—Place the pastry on to a fancy dish before filling. Slice a banana on to the centre of the pastry and sprinkle with castor sugar.

Whip the cream, fold in two crushed bananas and add sugar to taste.

Pile the mixture on the centre of the pastry.

Decorate the top with the separate rosettes of choux pastry, glacé cherries and chopped nuts.

EXTRA ICINGS.

AMERICAN FROSTING.

This icing may be used as an alternative to Coffee Icing for the Walnut Cake, Menu IV, page 16.

Ingredients—

1 lb. granulated sugar.
¼ pint water.
Pinch of cream of tartar.
A few drops of vanilla essence.
2 whites of eggs.

Method.—Soak the sugar in the water in a thick metal saucepan for one or two hours. Heat gently until the sugar has dissolved, then add the cream of tartar, cover the pan with a lid and bring the syrup to the boil. Remove the lid after boiling for a few minutes, and place a sugar thermometer in the syrup. Continue to boil until the temperature reaches 238°F. Remove from the hotplate and add the vanilla essence. Have ready the whites of eggs stiffly whipped. Pour the syrup over the eggs, beating continuously until the mixture is thick enough to coat the back of the spoon. Pour quickly over the cake which should have been coated previously with almond paste, or brushed over with hot jam. Decorate with whole walnuts. The icing sets very quickly, the walnuts must, therefore, be quite ready.

FONDANT ICING.

This icing may also be used as an alternative to Coffee Icing for the Walnut Cake.

Ingredients.

3 lbs. sugar.
1 pint water.
¼ lb. glucose.
Walnuts.

Method.—Place the sugar and water together in a pan and leave to soak for 1 hour or longer. Dissolve slowly by warming without stirring. Bring to boiling point and boil to 242°F. Pour the syrup gently into a large enamel basin which has previously been rinsed out with warm water.

Leave for a few minutes to cool. Stir gently with a wooden spoon, working gradually round the edges towards the centre. Continue stirring in one direction only until the mixture becomes thick and creamy. Then pour over the cake and decorate with walnuts. If any fondant is left over, wrap in waxed paper and keep in a covered jar. This mixture will keep for some months. When required, melt in a double saucepan and, if necessary, thin down with a little cream.

TRANSPARENT ICING.

This icing may be used as an alternative method of finishing the American Layer Cake.

Ingredients—

1 lb. loaf sugar.
½ pint water.
1 teaspoonful lemon juice.
pistachio nuts.

Method.—Place the sugar and the water together in a pan and leave to soak for 1 hour or longer. Completely dissolve the sugar by warming and then bring to boiling point. Boil to 230°F. Remove from the burner and allow to stand until the liquid ceases bubbling. Add the lemon juice, pour into a bowl and beat well until the syrup turns white and thickens. Pour the icing evenly over the cake and decorate with blanched, chopped and dried pistachio nuts. The icing sets very quickly, the decorations therefore must be quite ready.

TO ICE A CAKE WITH WATER ICING.

Cakes are easier to ice when they have been kept for a day (except in the case of a sponge sandwich, made without butter, which may be iced as soon as it is cold).

To prevent crumbs dropping from the sides or top of the cake, it is advisable to brush over the cake either with white of egg, or icing syrup.

To make the icing syrup.

Boil together for a few minutes 2 tablespoonfuls of apricot jam with 2 tablespoonfuls each of sugar and water. The mixture may be poured into a jam jar and reheated when required by placing the jar in a pan of hot water. The syrup will help to keep the icing glossy and will moisten a cake that is becoming dry.

Stand the cake on a wire cake tray and have ready a jug of boiling water, a palette knife and the cake decorations.

When making the icing, use boiling water as this gives a glossy finish. Have the icing sufficiently thick to coat the back of a wooden spoon, and whilst still hot pour over the cake to cover the top and run down the sides. Should any places be left uncoated, dip the knife into hot water, lift up any icing which has run off the cake and spread it evenly on the bare places.

When several cakes are to be iced so that a large quantity of icing is used sufficient can be poured over the majority of the cakes to make the smoothing with a knife unnecessary. The tip of the knife can be placed under the bottom of the cake and the cake gently shaken so that some of the icing will run off, thus avoiding an unnecessarily thick coating. Pick up with the palette knife the icing that has run off the cakes and replace in the bowl or saucepan. Warm over a pan of hot water before using for another cake.

Place decorations on the cakes before the icing sets.

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